

## Quick Chicken Parmesan

### Ingredients:

- 4 boneless chicken cutlets, 4 oz. each
- 1½ tbsp olive oil
- Salt to taste
- Freshly ground black pepper
- ½ tsp dried oregano or Italian seasoning
- Flour for dredging
- 2 cups tomato sauce
- ¼ cup low-fat shredded mozzarella cheese
- ¼ cup freshly grated Parmesan cheese



### Directions:

Preheat oven to 375 degrees

Lay the chicken between two pieces of waxed paper. Pound each cutlet with the flat end of a mallet until thin. Heat the olive oil in a large, nonstick skillet. While the oil is heating, season the chicken with salt, pepper, and oregano or Italian seasoning and dredge it in flour. Saute the chicken over medium-high heat until golden brown, about 2 minutes on each side. Transfer the chicken to a shallow baking dish. Pour the tomato sauce over the chicken and sprinkle with both cheeses.

Bake 15-20 minutes until the sauce is bubbling and the cheese is melted and lightly golden. Let stand for 5 minutes before serving.

Serves 4

For the nutrition facts and more good recipes, visit [FOODFIT](http://www.foodfit.com/recipes/recipe.asp?rid=1909).  
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